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#### EDUCATIONAL. OUT OF WASHINGTON.

THE PAYNE HOUSE.

It's at East Hampton, but the Song

Writer Was Not Born There.

There is a vague tradition told to sum

mer visitors at East Hampton that John

Howard Payne wrote "Home, Sweet Home"

in the old Payne house near the Duck

pond. Payne did pass his childhood in this

old house, but did not write his famous

He was born in New York on the site of

33 Pearl street on June 9, 1791, and not

1792, as the biographies usually have it.

His father had, about twelve years before

that time, moved to East Hampton to as-

by Governor Clinton. Two of his sisters

and one brother of this family of nine

the father of the poet, moved there. Payne was in Paris when he wrote

Payne had quarreled with the managers

who had then a high reputation as a play-

wright, to come to London or let him have

whatever new material he had collected.

Payne sent over to Kemble a sackful of

plays, asking \$1,250 for the lot. Kemble selected one called "Angioletta," paid \$250

for that and sent the rest back. It was

and H. R. Bishop was called in to supply

hen decided that the text needed music,

In one of his letters to Bishop, written

just before he started for London, Payne wrote that "Home. Sweet Home" seemed

an excellent refrain for one of the songs.

He had heard the air in Italy, according to

his own accounts of the work. So Bishop on the title page of the first copies of the

In a later account Payne said he heard a peasant girl singing it in Italy and asked

her the name. She could not tell him, but repeated it while he took down the notes.

He said that the pathetic character of the music suggested to him the words of "Home, Sweet Home," which he wrote when the idea of putting the melody into

his version of "Angioletta" occurred to

made the text fit the music. This was the

duced and London crowded to Covent Gar-den to hear it. Ellen Tree sang the mel-

ody with one or two other singers. From the first night the success of the opera

was assured. Kemble and the publisher divided between them more than \$10,000

during the first year of the song's sale.

The old house at East Hampton is still

a pleasant place of residence. In these summer days it is surrounded by trees and

flowers. There are several other Payne houses in the village, for some of the de-

scendants of William settled there. In none

of them was the author of "Home, Sweet

Home" born, nor did he write his poem in

Washerwomen and Consumption.

Statistics have shown over and over

again that washerwomen are much more

likely to contract tuberculosis and actually

suffer from the disease in much larger

proportion than other working women of

the same grade of life. This is due to the

virulent by antiseptics or by boiling before

of by burning) could become the rule in

this country. Until it does, however, physicians should call the attention, especially

of those suffering from tuberculosis, to the necessity for having their handkerchiefs

soaked for some time in a suitable anti-septic solution before allowing them to be

train, considerations requiring further development of sanitary precautions. The

effort to stop the spitting nu sance is only another example of this, and if it will serve

to bring home to the minds of the inhab-itants of great cities generally the neces-

sity for care with regard to nasal and oral secretions and excretions, then an extreme-

ly important lesson in public hygiene will

The Luckless Penguins.

We confess to a liking for penguins. Not

that we have ever know any penguins in-

through the excellent portraits of penguins

alway seemed to us a very clubable and

and never discommoding one another or

grabbing for the best places. It is, there-

fore, with genuine sorrow that we learn of

the calamity that has befallen them. For

penguin oil is now bringing high prices in

the New Zealand market, where it has been

Auckland and Marquarie-could the pen-

guins have chosen any more secure abodes

than those Isles of the south Pacific? Yet

imperial expansion, which hunted out the

Tibetans among the world's chimney-pots

a wholesale slaughter has raged.

the slaughter.

and ridge-poles, is not more insistent than industrial expansion. The lost islands have at last been invaded. For several weeks

sands on thousands of luckless birds have

been tossed to the trying-pots, and, so profitable is the new industry, several dif-

ferent companies are engaged in a head-long competition which will abate only when the last penguin is accounted for-

unless, of course, the law steps in to stop

But even in this melancholy invasion of

nature's screnest Edens we find an en-couraging suggestion. The penguins are

martyrs to their commercial utility. Is it

altogether inconceivable that no commer-

attractive members of the animal king-dom? Will the laboratories never find a

use for, let us say, the English sparrow or the brown-tailed moth? It is a poor

rule that won't work good, at least in some few of its possible applications. Henry Ward

Beecher, when asked to prescribe a remedy for pusley, replied: "Find something it's

good for, and the Lord will prepare a bug

to destroy it." So of penguins, English sparrows and the brown-tails-find a use

for them, and applied science will lose no

Couldn't Stand for That.

Mr. Mulcahy, who happened to be passing

"That bates me." he said. I don't moind givin' a clane, dacent pig the run of me pa-

arlors, but I niver rais p'ratles in me house.

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the System take the Old Standard GROVE'S TASTELESS CHILL TONIC. You know what you are taking, as the formula is claimly printed on every bottle, showing it is Quinine and Iron in a tasteless as well as the most acceptable and efficacious form. The Quinine drives out the Malaris and the Iron builds up the system. Sold by all dealers for 27 years. Price 50 cents.

a grocery store, saw a sign in the winlow

which said: "Home Grown Potatces."

time in hustling them out of existence

From the Chicago Tribune.

b' Jarge!

cial utility can be discovered for the less

have been learned.

From the Boston Transcript.

The

"Clari, or the Maid of Milan" was pro-

him. He then wrote the poem and Bishop

tcken from a Sicilian atr.

ong described it as modeled on and partly

children were born in the little house at

poem there. Nor was he even born there.

From the New York Sun.

East Hampton.

the score.

any of them.

From American Medicine.

A select boarding school for young men and boys not under 12 years. Courses Library, Scientific, Commercial and Preparatory, Studies resumed Sept. 6. THE CHRISTIAN BROTHERS. MOST NOTED OF HER SEX.

Many of the Attributes Possessed by Their Brethren.

From the Liverpool Mercury.

From time to time, throughout the world gambling among women has flourished and declined. Just at this time it flourishes. But if the mania is growing strong in the women of today it is simply the revival of an old passion, for in every age women have been addicted to that form of vice which caused the loss of money, happiness, substance, health and, in many instances, honor. The pages of history tell, over and over again, the story of great women gamsume the direction of the academy founded blers. France has furnished the greater nun-ber of these, but England has not been far behind, while America has put forth many whose fame has become interna-

It is owned to this day by his descend-ants. It was built before William Payne, There seems to be something in the blood There seems to be something in the blood of French women that makes them gamblers of a high order. Mme. de Montespan won so much at basset, her favorite game, that Louis IV was delighted, and borrowed some of her winnings. But she lost a great deal at times, and her play grew so furious that in 1682 Louis abolished the game. It is recorded of madame that she one "Home, Sweet Home," probably in the "sky parior in the Palais Royal" to which Washington Irving referred in a letter to a friend. One of the stories concerning the ous that in 1682 Louis abolished the game. It is recorded of madame that she one night, while the king looked on at the play, risked a sum equal to £40,000 on a single card, and that the king grumbled when no one could be found to cover the bet. But madame also lost, one New Year night, 700,000 crowns at hoca, and on another night almost £30,000 at the same grame. song had the author penniless in a London garret while he wrote it, and another romantic account described him writing the pcem by the light of a street lamp in Lon-dor on a fragment of paper he picked out of Covent Garden and gone to Paris, where he was translating plays. Charles Kemble came into control of the theater, and immediately wrote to Paris asking Payne, night almost £200,000 at the same game.

Mme. du Barry.

Mme. du Barry was the most famous woman gambler of the time of Louis XV. but with her it was only a pastime. But that other favorite, Mme. de Pompadour, went in with the sole object of winning, if she could. It is recorded that her winnings were enormous and that in a single night she eased the pockets of the king of 25,000

louis d'or. Queen Marie Anto nette, according to history, was a gambler who liked to be sur-rounded by gamblers. Faro was the popular game, but the stakes got to be so great that many a nobleman had his entire es-tates wiped out in a single night. Scandal rose high and the game was forbidden. Nevertheless, in a short time it was being carried on again not only in the apart-ments of the queen, but at the house of the Princess de Lamballe. At first the queen and those who desired to play with her went to the apartments of Madame de Guemene, whose house is credited with having been the scene of the highest continued play of any in France. But matters got so bad before the end came that noblemen would no longer play with the queen, and she admitted to her table many common gamblers. Then the scandal broke in full force, for some were caught cheating, and one was even arrested for picking a pocket. Possibly the most famous woman gambler of English bistory was Nell Gwynne, the actress, who was so great a favorite with Charles II. In that regin the manners were much the same as they were at the French court. Nell Gwynne lost £5,000 to her rival, the Duchess of Cleveland, and in one year lost upward of £60,000, which the king paid. There had never been known so much gambling among women as was carried on in that reign. After the Duchess of Mazarin, niece of the cardinal, had lost £1,000,000 she died in absolute want

Lonna Paquita. The acknowledged queen of American women gamblers was Lonna Poquita, who was born in Texas fifty years ago, but early went into Mexico to rule over outlaws and cowboys. The little Lonna was scarcely twelve years of age when she fell In with an old time gambler, named Qualetor, who taught her every trick known to the gambler's art. She made her first apearance in Paso del Norte Shi

child, and the rough gamblers laughed at fact that the expectoration of the tuber-But they soon found that they were no culous patients chaging to their various match for her, and that even her teacher, articles of clothing is not rendered non-Qualetor, was a tenderfoot compared with the child. With the passing years Lonna Paquita grew to be a beautiful woman. Her halr was as black as night, she had they come into the hands of the washerwoman. It is particularly handkerchiefs eyes that confounded those of the gam-blers who played with her and a voice that are the most dangerous in this respect, and the inforcement of sanitary regas sweet and silvery as a bell. She was as ulations with regard to expectoration is handsome a woman as one could wish to sure to add to this danger. It would be see, but with heart of ice and nerves of well if the Chinese custom of using a paper iron. Her small white hands could manipu handkerchief (which the Chinamen of the better classes would disdain to carry with watchfulness of the keenest gambler. him once it has been soiled, but which he

There were many people who thought it was merely luck that followed her, but the luck kept up too long, and the gamblers who knew a few tricks themselves understood that it was "art." Still, no one was ever known to catch her cheating. Before she was twenty Lonna Paquita was in New Mexico leading a gang of the worst character of the southwest.

sent out to become a possible danger for the overworked and underfed poor. There Her death occurred in 1875, and was changed. tragic. Some lawless acts had been comtragic. Some lawless acts had been committed by a body of "greasers," and search was made for them. Lonna Paquita is scarcely any sanitary regulation, the in-forcement of which does not bring in its was found to be their leader, and was taken, and proposed that a game of cards be played to see whether she should go free or kill herself. This was agreed to, and one of the party, a gambler known the country around, was selected. The woman lost. Those who losked on had a proposed to the second to the se Those who looked on had scarcely time to understand this when Lonna Paquita drew a knife from her belt and plunged it into her heart. The women of today, although they

doubtless gamble as heavily as in other times, incline more to speculation in stocks. The new woman will go on gambiling, but appearances show that she cares a great deal more for the money there is in timately; we have only had what might be it than she does for the notoriety of being called a half-tone acquaintance with them a gambler.

#### published in the magazines; but they have JAPAN'S FINANCIAL RESOURCES. agreeable sort of bird, given to sitting in Cost of the Present War Has Been groups-three or four hundred to the page-3675,908,185.

According to the Japanese Gazette of June, 1905, Japan is showing as remarkable progress in her scientific methods of gathering and arranging statistics as she is in manipulating her armies and navies. The department of finance has just issued an annual that the Gazette thinks is a model haustible fund. Last autumn, when treatise. In its pages is found a statement of Japan's revenue for the last fiscal year. It was a trifle less than \$150,660 000, against \$37.509,000 in 1883-84. In the corresponding period the national debt went up from \$115,000,000 to \$725,000,000. The number of public companies during the nine years ending with 1903 increased from 4,000 to 9,000.

The annual deals with finance, agr culture. industry and commerce, foreign trade, banking and money market, etc., and shows a striking record of progress in each. It shows that the present war cost \$675.908 185. met by public loans and var ous funds, etc The financial scheme followed in connec tion with the war provides for the expenditure with the normal surplus of special funds, extraordinary taxes and public loans The receipts for this fiscal year will amount to about \$75,000,000, representing the total special taxes to be taken up in connection with the war.

Owing to the reduction of local taxes, cui tailment of local expenditures and national thrift the Japanese will be able to bear the increased burdens without any inconvenience. The minister of finance says the na-tion has in no way suffered from the evil effects usually inseparable from war; on the contrary, the economic conditions of the country have been remarkably favorable

## Patrick Henry's Grave. From the New York Tribune.

Inquiry is made now and then as to where Patrick Henry is buried. The orator lies in a quiet grave on the estate in Charlotte county, Va., where he formerly lived. Red Hill is the name of the estate, which is on the Staunton river, thirty-eight miles from Lynchburg. When Patrick Henry bought the place it comprised about 3,500 acres. One of the nearest neighbors was John Raudolph of Roanoke, fifteen miles away. Red Hill is now owned by Henry's grandson. William Wirt Henry.

Mutual Envy. From the Detroit Free Press. Business Man-"I wish I could write your

poetry!" Poet-"And I wish I could write your

## WOMEN GAMBLERS AFTERGIRLS GRADUATE BOTTLES OF ANCIENTS SARCOPHILE OR FADDIST THRIFTY PARISIENNE

RECORD OF ONE CLASS.

Ward Teaching and Travel.

From the New York Sun.

"What becomes of the college girls? Why, nothing very unusual happens to them," said a college president. "They scatter all over the country and do nothing particularly sensational. I've just been looking over the class book of a class that has been out of college ten years, and the statistics show a strong tendency toward teaching and travel. There were about 145 in the class when it graduated, and up to date only forty-one husbands

have been acquired.

"One-third of the class has traveled abread, while all but thirty mention teaching and tutoring. About fifty-five have done graduate work at other schools and col-

What the girls themselves regard as the years since their graduation varies as much years since their graduation varies as much as the girls themselves. 'Married on the hottest day you ever saw to the best fellow' records one. Married a lieutenant in the United States navy, and since then have lived in a trunk in various places as near the seacoast as possible,' writes another. other.

## Sane College Woman.

"One young woman writes tersely: 'My native town can boast of but one sane college woman and my family questions that.' Another records: 'Had an attack of typhoid fever at Constantinople which necessitated a French hospital, a Greek physician, a nurse who spoke German and Turks to carry Sedan chairs.'

"'A model aunt endeavoring to show four sisters how to bring up children,' frankly records another graduate. 'Last two years occupied with clerical work, household cares and an advanced course in measles,' is another record. Bookbinding has been the occupation of one young woman. Here's a young woman whose specialty has been surgery and she has performed a difficult operation on the Maharani at the palace of the Maharajah of Oorcha. And here's a girl who has evidently made up her mind that she is going to be a spinster, for she's

"This is the summing up of another: Spent last ten years in having surgical op-erations, writing books and music and learning to ride a bucking bronco.' girl who writes this has a keen sense of umor. 'After two years of nervous exhaustlon got married and am now emulating "The Commuter's Wife" in building a house and garden.' And look at this girl. After acquiring various degrees on subjects and writing a learned thesis, she says her present occupation is 'nursemaid and housekeeper.

### The School Teacher.

"I defy any one to make a thrilling tale out of ten years in a private school,' writes one young woman, and another gives evidence that teaching has not been an unmixed joy by writing: 'For a year taught everything under heaven, and now my specialties have simmered down to Greek and physical culture.

" 'Packed and unpacked,' is the brief history of another.

"The most enthusiastic naturalist in the state of Vermont,' is another record. 'Been doing a little illustrating, bear shooting and chaperoning, modestly writes one young woman who has really achieved considerable fame as an artist, "The pathetic record of another is 'Have achieved neither fame nor matrimony, but

spectable. "But there is one feature about the history of this class that is worth noting. Nearly every member of it has been busy in one way or another. If they have not been earning their living or studying they have interested themselves in settlement work. church work and similar useful activities.'

belong to many societies, most of them re-

## THE EMPRESS OF RUSSIA. Now Recognized as Next in Power to

the Czar.

Now that once again all eyes are turned to the Russian court, this little sketch of

the empress may be interesting. As everylate the cards with a skill that defied the one knows, until quite recently the young Empress of Russia was regarded in court circles as a comparative nonentity, all the real power being vested in the person of the dowager empress, who, according to an old European custom, was considered to hold the first place in the empire as mother of the future czar. Since the birth of the little czarevitch, however, all this has been

The young empress has now assumed the reins of power, and is recognized by all as holding the next place in importance caught. She only laughed when she was to the czar. But this is not the only evolution that the advent of the little Grand Dure Alexis has effected in the empress' life. Since his birth she is a changed being, and her habitual reserve and taciturnity, which had formed such a barrier between her and her subjects, has now given place to a smiling geniality. She is always talking of her little son, and often, in the midst of an animated conversation on the topics of the day, the proud young mother, with obvious irrelevancy. break in with: "And, you know, baby" which clearly betrays that her mind is far away indeed from the subject under dis-

cussion.

At court the czarina shows a marked preference for talking with those distin-guished matrons who have been responsible for a large share in the birth rate of the empire. Forgetful of all her imperial dignity, the young empress will invite one of these ladies to slip unobserved out of the ball room, and together they will scale the staircases and invade the nursery, adjoining the empress' own constraints. joining the empress' own apartments, where the future ruler of Russia, all unconscious of the onerous burden that awalts him in the future, lies in his dainty cot. The empress will sit for hours with her son in her arms, crooning over old English ballads, of which she possesses an inexyoung debutantes were to be presented to the czarina, they were detained for two hours "Baby would not stop crying," the empress explained when she at last ap-peared, flushed but radiant, after her ef-

is allowed to depart for the seat of war without having a glimpse of their future CZBr. The czarina is very simple and unos-tentatious in her habits) and dislikes any-thing in the way of display. She is once said to have declared that she wished she could attend all the court functions in a skirt and blouse. She is notoriously careand widening upward, with arms or ears less in matters of dress, a failing shared by the czar'e pretty sister, the Grand Duchess Olga Alexandrovna. She used to invariably put in her appearance at the Red Cross sewing meetings, held at the winter palace, with her skirt undone and her cravat on one side. "My dear, my dear!"
the empress old English governess exclaimed at one of those gatherings, when her imperial mistress' carelessness over the details of her toilet was more than usually

forts to silence and soothe her little son. None of the great generals and admirals

## The Ideal Teacher.

Before all other qualifications, however, the teacher's character is the fundamental requisite. That must be above reproach in all things. Milton's words about the poetic power are specially true in regard to the power to teach. "He who would not be frustrate," said the great poet, "of his hope to write well hereafter in laudable things must himself be a true poem." He who would not be frustrate of his hope to teach well at any time ought himself to be a lofty exemplar of the virtues he would impress-upon his pupils. The teacher who stands before a class for hours every day ought to exert greater influence even than the cler-gyman who speaks from the pulpit one day in the week, and he ought at least to have an equally lofty character, known and rec-ognized by all men. The teacher who is master of his subject, and who has this no-bility of character, needs no help of artifices to assist him in governing his pupils—he has truth told foolishly.

Misfortune comes by the hundredweight and goes by the ounce.

Him whom God chastens men for slander mark, at him whom all men slander all dogs bark.

MEAT EATERS AND OTHERS.

Where Their Success Lies Absence of The Statistics Show a Strong Bias To- Wines Still Conveyed in Some Euro- Opposing Camps of the Vegetarians-Water Should Not Be Drunk

-Fruit Juices.

The most aucient receptacles of wine were

SKINS OF ANIMALS.

pean Countries in Goat or

Pig Skins.

most as old as wine itself, for there cer-

stored in underground cisterns, as is still

done in southern Europe, bottles would be

required for carrying the liquid on journeys

or even for consuming it at home. Fre-

quent mention is made of such bottles in

Skin Bottles.

In Portugal and Greece these skin bags

are also used for the conveyance of wine,

as they are much more portable than any

other sort of vessel, especially in a moun-

tainous district, where they have to be

borne by mules. These leathern bottles

material they connect the viniculture of to-

They are survivals which have floated down

to us on the stream of time unaffected by

A leathern bottle capable of holding an

armed man would seem to us too unwieldy

for practical purposes; but there is evidence that many of those used by the Ro-

mans were of still greater dimensions

Pompeii a mural picture has been discover-

ed representing an enormous skin bag on a

wine cart, which is being borne along by a

drawing the wine off into amphorae. in

order to gain popularity a Roman politician

would occasionally dole out wine wholesale to the clients whose favor he courted, and

this picture probably portrays the convey-ance on which the wine skin was borne

through the streets and the men engaged

The coronation ceremony of Ptolemy

Philadelphus excelled in pomp and pagean-try every procession recorded in history,

not even excepting the triumphant progress

cost of the procession is estimated at over

half a million of our money. It iasted the whole day, being opend by the figure of the

morning star and closed with that of Hesperus. Eighty thousand troops, cavalry

and infantry, clad in gorgeous uniforms, marched past. Although the festival was

held in winter, owing to the delicious Egyp-tian climate abundance of fresh grapes

were provided on one of the great vehicles

of the procession and a vintage scene faith-

fully represented. To the sound of flute

and song, sixty satyrs, under the superin-

tendence of Silenus, bearing his symbolic

cantharus, trod out the grapes and flooded

"Cask" of Leopard Hides.

broad, bearing a gigantic uter made of

leopard hides and containing 3,000 am-

phorae of wine. As the Greek amphorae is

fill their drinking vessels as it passed.

rived our word "bottle," and, with slight linguistic modification, the same word has

Although skins were never used for wine

in England, even when grape juice was fer-

mented here, the leather bottle or black-

jack was one of our earliest drinking ves-

sels. It is celebrated in many old English

ballads and is not an uncommon alchouse

emblem at the present day. Some of these

leather bottles were silver lined and were

ornamented with silver bells, "to ring peals

of drunkenness," as Becker says in his

"English Villanies Seven Times Pressed to

Shaped Like a Boot.

Many of those in ordinary use were

made in the shape of a boot, which occa-

sioned the French prisoners to report on

their return to France that "the English-

men used to drink out of their bootes."

They evidently took the fancy, however, of

some of the French nobility, for in the ex-

penses of John, King of France, when pris-

oner in England after the battle of Polc-

deux bouteilles de cuir achetees a Londres

pour Monseigneur Phillipe, 9s. 8d.," no in-

considerable price in those days, A. D.

As the arts improved leather bottles were

supplemented, but not displaced, by ves-sels of clay, great care being taken in the

substance likely to be porous. These, like

the hides, partly to prevent the liquor from

exuding, were all coated on the inside with

pitch, but principally as an antiseptic, to keep the wine sound. These vessels were

called amphorae and doubtless originally held the standard gage of eight gallons, but

as their use became limited to cellar stor-age their size gradually increased, until

100 gallons and upward.

From the Chicago News.

gets to cross himself.

they attained frequently the capacity of

The smaller amphorae were made on the

potter's wheel, but the larger in molds sunk

in pits, where they were baked over fur-naces. In many of the modern bodegas in

Valdepenas wine is still stored in similar

on either side at the top, and every one of them has its coating of pitch exactly

Russian Proverbs.

When the priest sits down to read mass

When the thunder ceases the peasant for-

A man needs only not to be a cripp'e or

a hunchback to be accounted a handsome

fellow by the women.

Even an old man can win a woman's love

and keep it, if he isn't jealous.

When a woman goes to heaven she wants

Over the woman from afar the devil

pours honey.

When, the devil cannot arrive in time he

sends a woman on before him.

Praise your wife, not three days after the wedding but three years after it—if

you can.
All Christendom fasts in Lent except the

dogs and the noblemen.

Poverty is not a sin, but it is the cause

f many.
At home a man is judged by his dress;

broad by his wit Fellow-travelers and fellow-gamblers soon

know each other well.

A lie told cleverly may be truer than the

the same as twenty-five centuries ago.

the people lie down to hear it.

construction to avoid sandy earth or

called "gyngle boyes."

1359-60.

When so ornamented they are

been adopted in all modern languages.

the streets with foaming must.

Among the ruins of the ancient city of

centuries of age.

in circulating it.

From Ridley's Wine and Spirit Trade Circular.

formed of animal hides. These must be ai-My brother is a vegetarian. He denounces my meat-eating habits as "cannibal" and "sarcophagal," and the latter word always tainly would have been very little use in gives me a vague uneasy feeling that I am expressing the juice of the grape and ala sort of human cemetery. In these sultry lowing it to ferment unless there had been days, when strawberries are fourpence a vessels of some sort to contain it. Even if pound and cherries threepence, when you could cook a beefsteak on the pavement and the fumes of baked liver and calfshead come out of the doors of cheap res taurants into the summer air, I generally have an awakening of conscience and determine to look into the matter.

ancient literature. At a feast in the Iliad the servants are described as bearing wine upon their shoulders in a bottle of goat-skin from which the goblets of the guests were filled. Yesterday I ventured into a vegetarian restaurant in quest of the simple life and an idyllic diet that should involve no mur-Throughout the interior of Spain wine is der of my fellow-creatures, a diet which I imagined as full of cooling and juicy things. For just now all one's hunger setms still conveyed from place to place in bot-tles made of goat or pig skin identical in every respect with the description given by Herodotus. It will doubtless be rememberto have been transmitted into thirst. I found lots of other people of the same ed that in the venta on the Sierra Morena Don Quixote's room was hung round with vegetarians. They are here from all parts of the world, holding an international conthese cueros, and that the doughty knight, mistaking them for the myrmidons of a wicked enchanter, valiantly attacked them with his sword until the room was inclgress. But vegetarianism is not so simple beyond the mere abstinence from flesh. deep in red wine flowing from the gashes made in the skins. Every vegetarian has his own theories of diet, and terrible dangers are found to lurk in things apparently most innocent.

## The Perils of Water.

I began by pouring out for myself a tumbler of water, cooled by a piece of clear, sparkling ice. But immediately I was the center of looks of amazement and horror. "You should never drink at a meal," said my neighbor. "The best time to drink is

have a peculiar interest, for in make and three hours after or before eating. And are you not aware that water is full of day with its origin in the unknown past. come precipitated in the tissues, gradually accumulating till the blood vessels are made brittle and finally break down? Nine times out of ten, when a man dies of so-called 'old age,' it simply means that he has broken down through deposited min-erals. He has lost all his elasticity and become partially petrified." "And that ice is probably full of patho-genio germs," added a scientist at the

"Perhaps I may take a cup of tea?" I "Decidedly not. Boiling may certainly machine shaped like a boat. Two men were

have eliminated some of the mineral matter from the water, but the tannic acid will reduce you to a leathery condition inconsistent with perfect vitality. And tea, coffee, peas, beans, asparagus, lentils, oatmeal and other articles commonly and ig-norantly used in diet have been found by Dr. Haig to be charged with the powerful poison known as xanthin, the fruitful cause of gout, rheumatism, neuralgia and other maladies. "But surely," I asked, "a human being

needs liquid in some form?"
"The liquid should be that purified in his escape from the deserts of Gedrosia. Perhaps the object of Philadelphus was so nature's filter, the juice contained in ripe to dazzle his subjects that they should forfruits.' get the domestic crimes with which he in-"Strawberries and cream?" I ventured, augurated his ascent to the throne. The

seeming at last to see light. "No, soft-stalked fruits like the straw-berry and tomato should be religiously avoided. The liquid from the soil does not pass far enough to be thoroughly filtered. An apple is the type of fruit you require. The close-grained wood of the trunk effectusly removes mineral matter. Preferably the apple should be from the top of the tree, and carefully washed and peeled." "Why be thirsty at all?" asked a young gentleman with cheeks rosy as an apple.
"It all comes of the bad habit of eating salt. I never take salt, and I have not touched a drop of liquid today."
"I have not drunk liquid for thirty-five

years," said a wizened old professoriallecking person. "Do you never feel thirsty?"

"Well, I have known the sensation commonly called thirst. But I always carry a flint pebble, which I place in my mouth on such occasions, and it stimulates the natural flow of saliva and prevents the temporary dry and parched feeling." Perhaps not the least appreciated part of the show was a car, 37 feet long by 21

equivalent to eight imperial gallons," the A Few Necessary Rules. liquid contained in the uter would have I made a few notes of the rules necessary equaled the enormous quantity of 24,000 to be observed for health as laid down by gallons. The sides must have been strengthmy vegetarian friends. To begin with ened with some material stronger than bread. It appears that white flour is mere leather to enable the skins to resist the starch, from which the life-giving elements pressure of such a weight of liquid. As have been removed, and that yeast is a rethe car moved along in the stately procespulsive material closely akin to disease matsion the wine was allowed slowly to flow ter, and probably a fertile producer of symotic disease. On the other hand, brown from it, so that the thirsty multitude could bread is full of the needle-like spiculae of The scholastic Latin term for a wineskin is uter, but the colloquial word used was the husk, which irritate and inflame the eater. Besides, the husk contains a quanbutis, and thus a small skin was the dim-inutive buticula. From this buticula is detity of poisonous xanthin. Better avoid

bread altogether! Vegetarians often eat a form of bread without salt, yeast or anything but brown flour and water. It is known as "bullets" among its patrons, and is an excellent exercise for the teeth. Some carry this tooth practice further and consume grain and nuts dry and raw, eating them with a spoon and doing all the milling for themselves. This question of cooked or uncooked food divides vegetarians into two powerful sects. One is for having everything raw. "Ripe raw fruit and nuts," according to them, is the only necessary food of man. Others would save our molars by resolving food into a delicate "puree" or cream, provided

it be not too sloppy.

In particular bolled vegetables are con demned as both useless and dangerous. All the valuable salts are melted out by the water, and the woody refuse left is most unwholesome. Boiled cabbage takes five hours to digest, raw only two hours and a half! But, on the other hand, the raw cabbage must be masticated thoroughly; and an hour and three-quarters of diligent chewing "Conservative cooking" is an invention

to remedy this. The cabbage is cooked in its own juice, without salt or added tiers, there is the following entry: "Pour An important point is that you should have no breakfast. To eat breakfast is working the machine too early in the

## Vegetarianism as a Religion.

In Manchester there is a vegetarian church. It has existed for nearly a hundred years, and a condition of membership is abstinence from flesh, fish and intoxicants. It was founded by the Rev. John Coward, a former Church of England clergyman, ninety-seven years ago, and a daughter church with the same principles sprang up in Philadelphia about twenty years later.
These are the only vegetarian churches

in the western world. In China, how-ever, a non-vegetarian is looked on as a worldling, and the giving up of dog flesh is taken as a sign that a Buddhist or Confucian has "got religion."

#### Panama Conditions, From American Medicine. Health conditions in Panama still occupy

nuch public attention, and the subject will wife has looked after it. not down. The first fatal mistake has brought forth the expected fruit in the way What is Read at the British Museum, of a panicky feeling at home, which is said to be the cause of the present difficulty of finding men of the proper callber to do the work. Women are naturally more nervous about such matters than men, and probably all day long, and in addition to the books induce many a man to stay away. When the wife pleads the helpless state of herself and babies should the husband die, he would be less than human to expose himself to tropic climates if he can find employment at home. Bubonic plague has now appeared to add to the difficulties of fighting yellow fever and to increase nervous tension among the employes. It is quite evident that for some time the difficulty of securing men of ability to take the risks will incerase than distributed. The thought a true. of ability to take the risks will incerase rather than diminish. The thought naturally arises whether it would not be wisest to announce publicly that all efforts to dig the canal will be temporarily abandoned and the whole zone turned over to the absolute control of sanitarians to render it fit to live in, construct suitable shaded houses and do all the other things which tropic experts ad vise. Not until this is done will it be possible to begin the serious work of construc-

The Uselessness of It. From the Chicago Tribune.

The doctor-"Isn't it rainful to think of

er all The professor. "I presume it is. Let us the sould states to not think of it."

NELL GWYNNE ONE OF THE BUSY LIVES REVEALED BY THE MOST OF THEM MADE FROM CONFLICT OF OPINION BETWEEN HOW SHE MANAGES HER HOUSE. HOLD EXPENSES.

Her Study of Looking Well and Eat-

ing Well-Finances of France in Hands of Woman.

and wives, who try to look as if their fath-

From the London Telegraph. Paris, like London, has her foolish virgins

ers or husbands had 10,000 a year when they just have 1,000. But there are certainly fewer such in Paris than in London, If you go into the liveliest sets, where the ladies of a summer's day are vaporous apparitions of lace and tulle, for which you suppose that heaven only knows how monsieur can pay the dressmaker's bill, you will find that they had these dreams of soft stuffs made up at home by a seamstress, at tenpence, or one franc an hour, on a model bought from a big firm-probably the only dress obtained from the firm this summer. The Paris costumier thrives on foreign cus-tom. Parisian ladies have one gown from from it at home. So much for the thrift-less wives of Paris! For the others—that is, ninety-nine out of a hundred, the term "thrifty wife" is pleonastic. Every wife is thrifty.

Thriftlessness is highly improper-like smoking cigarettes in a cafe, to give an example. It may be becoming in a man, when his wife is not looking, to throw the shillings, or, better, the sixpences, about. But no French woman who respects her-self will do it She leaves that to the ladies who do not respect themselves. For that matter, the latter generally are thriftless only for the gallery, because they must seem to sneer at filthy lucre. At home, in private, they are natural, indulge the in-born passion of thrift and save up yesterday's roast to make a hash for lunch to-Women and Economy.

### A thriftless wife in France would be

looked upon as dangerously eccentric or probably mad. A wife is "by definition" thrifty, in the Frenchman's view. The poorer the husband the thriftler the wife No people spend more money than some Parisians, but even they do not spend it wildly. The smartest woman in Parislan society has her dresses carefully mended when necessary, by a maid, and laughs at actresses who refuse to wear a dress twice In the bourgeoisie thriftiness and propriets are the cardinal virtues.

In the professional classes life is a per-petual succession of miracles in making sixpence go as far as a shilling. The ouv-riers, on their part, and their wives, succeed by economical and sensible management in living about twice as well as English workmen and workwomen, who often, at all events in all ranks of unskilled labor, draw

about a third more wages.

It would at the same time, be the greatest mistake for the thriftless wife to set down the thrity French woman as a frump and a dowdy hausfrau with her mind in her pots and pans. On the contrary, it is a rule suffering not a single exception that the French woman's first care in life is her own appearance. Every one in the country recognizes that, and acknowledges it to be right and proper, monsieur first of all. Din-ner comes next—but it does come next. The French woman's ingenuity is therefore concentrated on these two ends of existenceto look well and to eat well. The rest will ake care of itself.

Needless to say, the preliminary step of securing the pursestrings has been taken, as a matter of course, a week after mar-riage. Not one Frenchman out of one milion resists. Among the wealthy monsieur has his allowance. Among the fairly well off he keeps back cash for his three evenings a week at the cafe, for the restaurant dinner and theater outing once or twice a week, and for his tailor. Among the working classes he endeavors, not always successfully, to withhold five francs

on Saturday evenings. But in all classes, without exception, he hands the bulk of the household money over to the "missus" or to Madame la Mar He would not dream of attempting to do otherwise, nor would a single French woman stand his attempting it for one hour. For that matter, she generally has a bit of her own, be she ouvriere or Fau-bourg St. Germain great lady. It is an absolute fact that the finances of France are in the hands of the women of France.

## Intensely Practical. They are worthy of the trust. They de-

vote their acute brains, unimaginative, if you will, but possessing sheer genius for the practical life, to the two ends of existence already spoken of. They will spend hours of time and incalculable energy and intelligence on looking well. Nor is it merely looking well, but being really well dressed. A French woman will rather stay in bed than go out with an undarned hole in a garment, however impossible it may be for the outer world ever to see the blemish It would be there, and she must feel, as well as seem, perfectly dressed. If the great lady goes over all her toilet minutely, the little bourgeoise who has to manage with a husband and two children on £200 a year does just the same, and the Parisian workwoman as much as she. The meresi midinette is a paragon of neatness, and it over, of which there are always many chances in the streets of Paris, and taken to a hospital to have a broken leg set not an undarned hole would be found in petti-

coat or stocking. Holes having been darned, the spring dress freshened up into a summer one by some mysterious transformations in harmony with fashion, and madame being finally satisfied that she looks we I, then, but then only, comes monsieur's dinner. He would never dream of asking for it, of course, while she is occupied with the maid -if they have one-or with her own needle and thread in humbler households. But the secret of monsieur's dinner, of course, is that it is madame s also—that is to say, that she enjoys it just as much as he. Every single article of food, except fruit and vegetables, being much dearer in Paris than in London for various complicated economic reasons, the dinner in question

must always remain a mystery to those un-familiar with the arcana of cookery. But the facts are there. Some facts are con-spicuous by their absence, such as cold meat. It is true that Paris meat is usually uneatably cold, so it must be done up: but how it is done up! Observe how the thrifty French lady has a luncheon served of a juicy melette, unknown in England-where che thing called omelet is springy, thick and dry-

four ounces of mutton hashed in some se-cret way which makes you eat it, a liliputian cotelette per person, with souffle pota-toes-the cookery of which is apparently elementary if not instinctive, with French-women, while we must go to first-class hotel chefs to get them-a cake from the pas-try cook's round the corner to follow, then Camembert just rip to a turn, and straw-berries—but these must not be boasted about, for they are always better in Lonwhither, of course, the best are sent from Brittany To cap it all comes the coffee generally undrinkable in Paris cafes, a'wa's undrinkable in London cafes, usually perfect in raris houses where the thrifty

## From the London Clobe.

of reference, some twenty thousand in number, which fill the open shelves of the room, from three to four thousand volumes are given out every day. Theology in a books on London amount rest

other half being for the History and biography history being mostly cks on France and the econd. Essays, cr are followed by fiction wears old-moral philes fine arts, the drag olitical economy.

orks on naval and ... volumes each. It is throws a useful light

phy apiece.